

Upside Down Pizza¹⁰

Number of Servings: 10 (192.76 g per serving)

Amount	Measure	Ingredient
2.00	lb	Beef, ground, hamburger, pan browned, 1
3/4	cup	Onion, white, fresh, chpd
1/2	cup	Tomatoes, puree, cnd
1 1/2	cup	Sauce, spaghetti, traditional, cnd
1.00	Tbs	Seasoning, Italian medley
1 1/2	cup	Cheese, mozzarella, low moist, part skim,
2.00	ea	Eggs, whole, raw, lrg
1.00	cup	Milk, 1%, w/add vit A & D
1.00	Tbs	Oil, canola
1.00	cup	Flour, all purpose, white, bleached, enrich
1/4	cup	Cheese, parmesan, grated

Nutrients per serving

Nutrition Facts

Serving Size (193g)
Servings Per Container

Amount Per Serving

Calories 310 Calories from Fat 130

% Daily Value*

Total Fat 15g 23%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 105mg 35%

Sodium 420mg 18%

Total Carbohydrate 18g 6%

Dietary Fiber 2g 8%

Sugars 5g

Protein 27g

Vitamin A 10% • Vitamin C 8%

Calcium 20% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Brown and drain ground beef and onion, place in pans appropriate for cutting into # of 4 1/4"X 2 1/2" servings being prepared. ((9"x13" for 10 servings)

Spread tomato puree and spaghetti sauce over meat mixture. Sprinkle with salt free Italian herbs and shredded mozzarella cheese.

Mix into a batter: eggs, milk, oil and flour. Pour over meat/sauce/cheese layers and sprinkle with Parmesan cheese. Bake at 400 degrees 20-30 minutes for 10 serving size (larger pans may take longer).

Cut into # of pieces yield of recipe makes. Each piece = 1 serving = 1 Carb Serving

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.